

OCTOBER 2023

Your Health Matters

NEWSLETTER



Monthly newsletter brought to you by Brieden Consulting Group

October is Breast Cancer Awareness Month

1 in 7 women will be diagnosed with breast cancer in their lifetime. Mammograms are the best way to find breast cancer early, when it is easier to treat, and before it is big enough to feel or cause symptoms.

Not all cases of breast cancer can be prevented, but some can. Certain risk factors for breast cancer, such as genetics, are inherent to an individual and cannot be changed. The earlier breast cancer is diagnosed, the better the chance of successful treatment. It's important to check your breasts regularly, and see your doctor if you notice a change.

Common breast cancer signs and symptoms include:

- A lump or swelling in the breast, upper chest or armpit – you might feel the lump but not see it
- A change to the skin, such as puckering or dimpling
- A rash or crusting around the nipple
- A change in the color of the breast – the breast may look red or inflamed
- A change to the nipple, for example it has become pulled in (inverted)
- Unusual liquid (discharge) from either nipple

Get Involved!

The fight against breast cancer needs action and awareness galvanizes action. Let's inspire each other, let's spread the message and let's strive to make change. Tell your story and tell others to get a mammogram. Breast cancer touches all of us in some way so let's unite together and promote awareness this month.

About Us

We believe that living a healthy lifestyle is a key component to everyday life. We want to be able to provide you with useful updates and alerts to help you maintain good health for your body and mind.

The health plan through Brieden Consulting Group offers great coverage that is affordable to help you maintain your health and the health of your entire family.

Please keep an eye out for the "Your Health Matters" monthly newsletters that will be distributed to all employees.

Our Benefits Broker

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National Dental Hygiene Month

National Dental Hygiene Month is observed every October to celebrate the work of dental hygienists and raise awareness of the importance of good oral health. An essential component to our overall wellbeing, good oral hygiene is one building block of a healthy lifestyle. According to the Centers for Disease Control and Prevention (CDC), oral diseases, which range from cavities and gum disease to oral cancer, cause debilitating pain for millions of Americans every year. Protecting your oral health by practicing good oral hygiene can substantially increase the likelihood of keeping your teeth for a lifetime.

Pro Tip: Four Steps for Proper Brushing Techniques:

1. Get the right angle – ensure you tilt the brush at a 45-degree angle.
2. Gently move your toothbrush back and forth but be sure you are not too rough.
3. Cover all surfaces of your mouth including inside, outside, top, and bottom.
4. Don't forget to brush your tongue as well. A lot of bacteria lives on your tongue, so brushing that away will not only help get rid of the bacteria, but also give you fresher breath!



Dental Hygiene Fun Facts:

1. Fones School of Dental Hygiene opened in 1913 as the first dental hygiene school in the country.
2. The first bristle toothbrush was introduced in 1948; before that, animal hair was widely used.
3. Tooth enamel is the hardest thing in the human body.
4. Tooth decay is the second most common disease in the United States.
5. Regular dental cleanings can prevent heart attacks.

RECIPE OF THE MONTH

Chunky Apple Cake



Ingredients

- 1/2 cup butter, softened
- 2 cups sugar
- 1/2 tsp vanilla extract
- 2 large eggs
- 2 cups all-purpose flour
- 1-1/2 tsps ground cinnamon
- 1 tsp ground nutmeg
- 1/2 tsp salt
- 1/2 tsp baking soda
- 6 cups chopped, peeled tart apples
 - **Sauce:** 1/2 cup packed brown sugar
 - 1/4 cup butter
 - 1/2 cup heavy whipping cream

Directions

- **Step 1:** In a large bowl, cream the butter, sugar and vanilla. Add eggs, 1 at a time, beating well after each addition. Combine the flour, cinnamon, nutmeg, salt and baking soda; gradually add to creamed mixture and mix well (batter will be stiff). Stir in apples until well combined.
- **Step 2:** Spread into a greased 13x9-in. baking dish. Bake at 350° for 40-45 minutes or until top is lightly browned and springs back when lightly touched. Cool for 30 minutes before serving.
- **Step 3:** Meanwhile, in a small saucepan, combine brown sugar and butter. Cook over medium heat until butter is melted. Gradually add cream. Bring to a slow boil over medium heat, stirring constantly. Remove from the heat. Serve with cake.